



VOL. 39, NO. 3

BROADMEAD, COCKEYSVILLE, MD

November 2017

Annual Meeting showcases numerous positive results

By Bob Heaton and Jackie Mintz

A good crowd gathered in the auditorium for Broadmead's 42nd Annual Meeting on Broadmead's achievements in the past year and plans for the future.

Outgoing Board Chair Barrett Rudd thanked the volunteer board and committees for their hard work in 2017. He said the board will work to make the implementation of the Master Plan successful and as painless as possible.

Steve Rives, Clerk of Committee on Trustees, introduced the other trustees present. He announced that Secretary Alice Cherbonnier's term on the board was ending, and recognized her many valuable contributions. He then introduced new trustee David MacFarlane.

Broadmead Resident Association President Bob Daly thanked BRA officers for their efforts during his health sabbatical. He also thanked the Voice staff for maintaining the newsletter after the death of its longtime editor. He noted the good returns of the last two Barn Sales and the Barn Sale's merger with the Old and New Shop. Finally he acknowledged the help of Broadmead Inc. in keeping BRA finances strong.

CEO John Howl reported current occupancy at 96 percent, with 98 percent reserved. Interestingly, the average age of new residents is 75, compared with 84 for other area CCRCs. Of particular importance, Broadmead has retained its 5-Star (highest) rating for skilled

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Austin Pharmacy offers emergency service to Broadmead

By Bob Heaton

Austin Pharmacy will provide emergency prescription coverage for medications needed for an acute illness over the weekend or a holiday. When the Outpatient Department is closed, residents should call the nurse supervisor.

Use of a "Clinician Hotline" will allow Broadmead practitioners to arrange for the delivery, usually within two hours, of an emergency medication when ordered between 9 a.m. and 7 p.m. at times when the pharmacy is closed (weekends and holidays included).

Health Services Administrator Ann Patterson stresses that this arrangement is designed to handle emergencies, and says that routine prescription refills are residents' responsibilities. But if a resident loses, or accidentally destroys, an important, regularly taken medication, this service can be very valuable.

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Barn Sale earns \$18,856

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The masthead photo by Erroll Hay shows a migrating great egret flying from Lake Maybe toward Cluster W.

MaCCRA plans for General Assembly, upcoming elections

By Ed Hirschmann

Broadmead's chapter of the Maryland Continuing Care Residents Association is preparing for a vigorous year in 2018.

In January, the General Assembly will launch its annual session in Annapolis, with measures great and small that may impact the continuing care community. Resident **Alma Smith** is president of the state association, while Barbara Brocato, of Montgomery County, is the association's lead lobbyist.

The coming Assembly session will be something of a lead-in to state and county elections. The party primaries will be held in June, to be followed by the general elections in November. The chapter, under **Denise Love's** presidency, is arranging an extensive Candidates Night, in which the declared candidates will be invited to speak briefly and then meet and greet their followers.

The election should be especially exciting, since two of the local representatives have stated they are not running for re-election to their present offices. State Senator James Brochin is retiring next year from the Senate, but has announced his candidacy for Baltimore County Executive. Delegate Christopher West will be running for Brochin's seat, in District 42B. The other delegate, Susan Aumann, is retiring after having served 16 years.

MaCCRA is an affiliate of the National Continuing Care Residents Association. High on NaCCRA's agenda this year is a campaign against a proposal, reportedly circulating in Congress, that would eliminate the federal tax deduction for medical expenses.

Welcome Reception to meet

New Residents

Wednesday, November 15
7 p.m. Auditorium
Please wear name tags

Barn Sale draws enthusiastic buyers

By Elborg Forster

The Barn Sale is a thoroughly choreographed event that casts a long shadow before it ever happens. By Tuesday afternoon, to prepare for its opening for staff and residents on Thursday, all the public rooms at the Center, except the dining rooms, are emptied. Teams of hired workers move furniture out of the way, groups postpone meetings to later dates, no exercise classes take place, and the Tuesday movie is cancelled. Tables that will serve as sales counters appear everywhere. The heads of the various "departments" walk around with clipboards.

Then, on Wednesday morning, avalanches of goods descend on these rooms. The general public crowds the scene on Friday and half-price Saturday, but by dinner time on Saturday, no visitor would know that anything special had happened here: floors have been vacuumed, furniture is in its accustomed places, leftover merchandise, from bookcases to costume jewelry, has been carted away, and fresh flower arrangements have appeared.

One new feature should be pointed out, namely, the incorporation of the Old and New Store into the Barn Sale. The carefully chosen and displayed merchandise at the store is also available to the customers of the Barn Sale and at the same prices. Everywhere, there are amazing bargains to be had. A pure wool winter coat for \$10, a toaster oven for \$8, handsome furniture, fine crystal vases, blankets, stationery, pots and pans, Christmas ornaments, and live house plants, not to mention beautiful books of every genre.

Continued on next page

Broadmead Craft Fair

Clothing, jewelry, note cards,
stained glass, soaps, wreaths and more

by Broadmead staff and residents

Friday, November 17
10 a.m. - 3 p.m.
Auditorium and Lounge



Photos by Erroll Hay

There are two other plusses for this bargain bonanza. The Broadmead Barn Sale is a great recycling operation. Residents or their families can easily dispose of items that are no longer needed. Whatever is not sold at Broadmead (a lot!) is packed up and donated to charitable institutions such as the Salvation Army, Goodwill Stores, and Paul's Place. In addition,

this event builds community, for everyone is invited to help with various tasks.

Special notice should be taken of the people who are in charge of the various departments: their teams work throughout the year. They are too numerous to be mentioned here, but particular recognition is due to **Anne Minkowski**, Barn Sale Committee chair, who seemed to be everywhere at once.

Falls Committee safeguards residents

By Richard Goody

Few people are aware of the miracle of balance that occurs each day when we get out of bed. A large and heavy body rests on two long, spindly legs that terminate in small feet. If it does not fall over it is because the body has sensors, particularly sight, that tell the brain when the body is not in balance. Signals are sent to many small muscles in the feet and legs that correct any problem.

As we age, our eyesight may be impaired, small muscles may weaken until eventually they cannot do their job, and the body may then fall. Falls can be dangerous, and some are life-threatening.

If the fall takes place within Broadmead or is reported to Broadmead, it is referred to the Broadmead Falls Committee, which is chaired by Meredith Hudkins, Director of Assisted Living. A subcommittee is designated immediately to determine the causes of this fall, the interventions needed to mitigate its effects, and needed steps to prevent future occurrences. The recommendations are advisory; the patient must decide what to do.

Extensive preventive programs at Broadmead are described in literature available from Rebecca Smith, Wellness Coordinator in the Fitness Center. In recognition of the severity of the problem, Rebecca is introducing the award-winning FallProof program, which continues for 12 weeks, meeting twice weekly. Each class is limited to six residents. Reactions to the first class, which started in September, have been positive.

Over the past 3 years, the number of falls has decreased by 25 percent. Though still too numerous, most falls do not require a transfer to the hospital or a higher level of care. Most require a band-aid and pain killers. But a small percentage involve broken bones and perhaps hospitalization. An even smaller number involve blows to the head that may lead to subdural hematomas and even death.

The Falls Committee consists of 8 to 10 representatives of caregivers and managers (together with outside consultants when appropriate). It meets monthly to review general policy with regard to falls.

Austin Pharmacy, from page 1

If an emergency arises, a resident can phone the nurse supervisor for assistance. Or, perhaps better yet, press the pendant button or use the pull cord, and someone will phone or arrive to address the problem.

Another recent enhancement is the establishment of an interim prescription medicine room in the Outpatient Department. In some cases, residents needing an emergency prescription may be able to receive a one-time dose until a prescription can be placed and filled. This limited inventory consists of prescription drugs frequently used by Broadmead residents.

Again, Ann Patterson stresses that this service is for emergency use only, and notes that "needing band-aids or aspirin is not an emergency."

The Broadmead Resident email List

To join the Broadmead Resident email list
send an email to:

brabroadmead@gmail.com

Also do this if you change your email address.

Former *Sun* editor comments on recent political events

By Ed Hirschmann

Barry Rascovar, retired *Baltimore Sun* deputy editorial editor, gave a series of six talks at Broadmead during August and September under the rubric "Current Events."

Rascovar was sharply critical of the Trump administration, the political forces that brought it to power, and the dangers that he foresees for the future of American democracy. "We on the East Coast don't really understand what's happening," he said. "Hillary Clinton won the East and West coasts in the election, but Trump carried almost everything in-between."

The series was made possible by an anonymous gift from a resident.



Residents enjoy successful launching of monarch butterflies

By Bob Heaton

Photos by Erroll Hay, Roger Karsk, and Carolyn Murphy

Residents watched in daily fascination as eggs on milkweed plants became tiny caterpillars that grew large enough to form chrysalises—hard shells from which they emerged in a couple of weeks as beautiful monarch butterflies.

The exhibit, which began on September 1 in the Atrium, was organized and maintained by **Phyllis Hoyer** and the Bird and Nature Committee as part of a project

to encourage native pollinators on the Broadmead campus. Milkweed is essential to monarchs, and the committee encourages residents to plant more of it.

The final nine butterflies were tagged for research prior to their release to migrate to central Texas, and then Mexico, for the winter. Their progeny will, by some mysterious navigational ability, return to this area next spring.

Broadmead welcomes . . .

Peter Truitt, J12. 443-578-8259. May 2017.

Peter Truitt, feeling that at Broadmead he would be able to relax because so much help is available for various potential and present health problems, moved to Broadmead at a relatively young age. His wife, Susie, was not ready for this change and maintains a separate home in Towson, where the couple had lived with their son and daughter since the early 1980s. However, she shares a great deal of time and many activities with Peter.

Peter served in Korea and Vietnam and studied sociology at the University of Pennsylvania. He subsequently moved to Nova Scotia and taught at Nova Scotia College of Art and Design. In 1980, he joined the Maryland Office of Environmental Programs as chief planner and then worked for the Environmental Protection Agency as a senior planner.



His persistent work on behalf of the natural environment has shaped his children's lifestyle. His son, Andrew, a father of two, runs a solar energy consulting firm in Denver and also builds the equipment needed to produce solar energy. His daughter, Emily, is a farmer in Moors, NY, a few hundred yards from the Canadian border, where she raises a variety of crops and animals.

Peter is a general outdoor enthusiast, particularly when it comes to fly fishing, a hiker, and a tennis player. He also likes to rehab old houses in the country, which he did in the small town of Mahone Bay near Halifax. Nowadays Peter enjoys walks around the Broadmead campus accompanied by his rescue dog Jack, who is "half Boxer and half something else."

By Elborg Forster

Ceramics

Thursdays

1 - 3 p.m.

Lower Level Ceramics Studio

Nikki Connors, M5. 443-578-8382.

nikkikayconnors@gmail.com. October 2017.

Nikki Connors had multiple reasons to move to Broadmead. She was born in Baltimore and lived in nearby Rodgers Forge for 38 years. Her daughter Ann, who has two daughters, lives in Bel Air, and her mother was a Broadmead resident for many years.

After high school in Towson, Nikki studied medical technology at the University of Delaware, where a certain Joe Biden was a Big Man on Campus—"my, but he was handsome!"—but Nikki didn't know him personally. She was busy working for her degree in medical technology with a biology major and a chemistry minor. Such training provided her with good jobs in various labs of universities or hospitals whenever a move became necessary as professional opportunities opened either for her ex-husband or herself.



Still, as the computer age came into its own, Nikki went back to school (Essex Community College) to learn computer programming. This skill eventually earned her a position for several years as a computer programmer in the firm of DP Associates in Towson.

Nikki's first adventure after retirement was a trip to upstate New York, since she had spent impressionable years of her youth there. She visited the Corning Glass Works, where one can watch the glassblowers and even learn to do this exciting and dangerous work oneself. Nikki of course loved it. She also loved watercolor painting, ceramics, and photography.

She is fond of all outdoor activities, including walking, hiking, and boating. And when it rains, she likes to read.

By Elborg Forster

Welcomes continued on page 10

Diagnostic tests: Unraveling the mysteries

By Sue Baker and Bob Heaton

Diagnosis of a resident's medical condition often requires the use of imaging, such as an x-ray, CT scan, or MRI. Imaging at Broadmead by a mobile service is cumbersome, and is done only when a patient is completely immobile. When imaging is ordered by Broadmead clinicians, the Outpatient Department suggests that patients go to Advanced Radiology, whose closest office is at Timonium Crossing, 2080 York Road.

If a resident is being treated by an outside physician who orders imaging or lab tests, Broadmead does not routinely receive the results. They are sent to the clinician who ordered the test, and residents should obtain the results from that office.

OPD also has a form for residents to give to outside offices that provides instructions for sending lab or imaging results to Broadmead. When Broadmead provides transportation, drivers give residents the form upon arrival. Residents using their own transport should stock up on forms from the OPD.

The resident can also ask the outside office to specify on its request forms that results be sent to Broadmead. Or that office may prefer to fax the results to Broadmead after it receives them.

In any case, if the outside office is part of the EPIC data system, Broadmead's clinicians can access imaging or lab results, *provided they know that such testing took place*. If outside diagnostic tests are done, it is important that the resident inform OPD so that Broadmead's records are complete.

For lab tests ordered by Broadmead clinicians, required samples of urine, feces, or blood are collected by OPD. Blood draws are taken between 8 and 9 a.m. on Mondays,

Wednesdays, and Fridays on a first come, first served basis.

OPD communicates the results of Broadmead-ordered tests as promptly as possible. Abnormal results are usually reported to a resident by phone. Normal results are distributed in a sealed envelope to the resident's open mailbox. Test results can also be accessed by residents online through the My Chart site. Instructions for using this system are available from OPD.

Broadmead has a new literary light—Lawrence Schneider

By Elsa Collins

Well known as a sculptor at Broadmead, Lawrence Schneider has added the distinction of being a published author. His novel *Say Yes on Saturday* was inspired by his wish to pass on to his children and grandchildren his experiences with life's challenges.

When his parents passed away, he realized that he knew little of the decisions that shaped their lives—only names and dates. He resolved that his progeny should not be left with those questions about his own life.

Larry began his self-imposed writing task with a dry chronology of how he met and overcame obstacles despite the handicap of dyslexia. He has always enjoyed fiction, thanks largely to the help and patient guidance of his mother. He decided to invigorate his history by turning it into a novel featuring a semi-autobiographical character named Clarence.

Emulating the direct approaches of Dickens, Hemingway, and Anne Tyler, Larry learned how storytelling worked. He also discovered the attendant necessities of constant rewriting and professional editing.

His story follows Clarence's navigation of the shoals of family life as he struggles to learn life's lessons. His effort tied generations together as he gained insights into his own relationships, particularly with his father. His granddaughter suggested the title.

Readers can find *Say Yes on Saturday* at Broadmead's Old and New Shop, at Amazon in both print and Kindle versions, at smaswords.com, or at goodreads.com/books.

Broadmead Chorus

Rehearsals

Fridays, 10:30 - 11:45 a.m.

Auditorium

Richard Goody, founder of archives, or how to make the best use of your old papers 3

Text by Elborg Forster

Photos provided by Richard Goody

The dinner conversation in the Holly Terrace concerned the abundance of old papers with which all of us here are wrestling. "Why don't you just throw them out?" someone asked. After all no one reads them, because the information, especially in scientific or administrative papers, is obsolete. One of the quieter dinner guests, a physicist, smiled. Well, he said, I have hauled around two large boxes of unsorted papers concerning a German aerodynamics research institute in 1945-1946, and I must tell you that I was recently contacted by a German scholar who is most eager to see these papers.

When Jessika Wichner arrived to spend the day with our physicist, The Voice dispatched an observer to learn why she wanted these papers and how she had found her way to this source. There was no need to speak German; her English was flawless. It turns out that she is not a scientist but holds a Ph.D. in history and also serves as an archivist for the institute she is studying, the Aerodynamische Versuchsanstalt (Aerodynamic Research Institute), in Göttingen, which Richard Goody headed in 1945-1946.

Here is what Wichner found out: In 1945, defeated Germany was not allowed to design or build aircraft of any kind, which is what the Göttingen institute had done successfully during the war and indeed before it. It was a big complex of advanced installations and employed a large number of scientists. When the Allied forces—first the Americans and then the British—occupied this area, they were not sure what to do with it.

Eventually, it was proposed that a young physicist, 24-year-old Richard Goody, be sent to Göttingen to find out about the work that had been done there. Most of the scientists were glad to cooperate in the so-called "Operation Surgeon," by which Richard Goody organized

the information, the materiel, and the people he found on the ground. He was able to motivate some 50 German scientists to contribute to a series of scientific papers recording their research during the war.

This 40-volume work, known as the Göttingen Monographs, is consulted to this day.

Wichner looked up these authors. Most of them were no longer alive, but the 24-year-old who directed the operation for a year was, and so a lively correspondence

between them ensued. Wichner announced her visit to Broadmead and Richard promised to hold onto his papers until then.



Richard Goody, right



Werner Heisenberg, legendary discoverer of the Uncertainty Principle, was director of the Max Planck Institute, which was incorporated into the Aerodynamic Research Institute after disarmament.

First Monday Book Group

10:30 a.m. - Auditorium

November 6

The Life of Pi

by Yann Martel

December 4

The Art of Racing in the Rain

by Garth Stein

Broadmead Writers Group

Fridays, 4 p.m.

Fireplace Room

Often followed by dinner

New members welcome

Broadmead Briefs...

By Jackie Mintz

VP for Marketing **Kristy Krueger** reported that 49 priority deposits had been received as of mid-October, well ahead of the original schedule, which called for 55 by February. Marketing is now aiming for 75 deposits by that date.

A dozen Broadmead residents recently joined residents from Blakehurst, Roland Park Place, and Vantage House on a bike and hike trip on the NCR Trail. Most hikers walked between 3 and 5 miles, and bikers rode over 10 miles. Participants enjoyed a picnic lunch afterward.



From left: **Carolyn Russell, Margaret Warden, Mary Morris, Roger Karsk, Hyko Laeyendecker, Jane Elkinton, Jai Dixon, Ruth Fleishman, and Richard Truelove.** Photo by Rebecca Smith

BRA Concert Series Hot Horns

New Orleans Inspired Horn Band

Sunday, November 12
3:30 p.m. Auditorium and Lounge

Moving around Broadmead

	From	To
Ed Crawford	Q-2	T-306
Senta Koch	HH-253	HH-211
Priscilla Wiswell	HH-206	HH-252

Residents visit the Big Roundhouse

By Elborg Forster

"The War Came by Train" was the theme of the main exhibit in the B&O Museum that a Broadmead group visited downtown. That war was the Civil War, and several trains showed the uses to which they were put. Trains transported troops on the way to the front, and the wounded on the way back. They carried supplies of every kind from food to weapons to horses, and President Lincoln traveled by train to Gettysburg.

Aside from the Civil War, many aspects of life in this country before and after the Civil War—history, technology, politics, society gossip—are depicted in the exhibits of the B&O Museum under the impressive dome of the roundhouse.

Residents counseled on handling fraud

By Bob Heaton

Community Services Manager Joe Price spoke to 60 residents recently about the epidemic of fraud against seniors. He issued the usual caveats against giving out personal information on the phone, noting that the IRS and insurers communicate only by mail.

Joe said that some frauds are inevitable, needing only a dishonest waitress who scans your credit card, or an employee where you have an account who sells your data to an identity thief. The best defense is to report fraud to police and card issuers promptly. People should monitor their card usage and occasionally get a credit report.

Old and New Shop

(formerly the Country Store)

Weekdays 10 - 2 Saturdays 11 - 1

Special Event - Reception

Sunday, November 26, 1:30 p.m.

Corner Cupboard

Weekdays 10 - 4:30
(except Wednesdays)

Welcomes, from page 6

Lucy Babb Wright, W-8. 443-255-0767.
wright.lucy@gmail.com. August 2017.

Much of Lucy Wright's life has been lived in this area. Raised in Sparks, she used to take her pony to the Friends Meeting on Quaker Bottom Road. She attended the Garrison Forest School and then the Eden Hall School in Philadelphia.

Lucy then enrolled at Notre Dame College in Baltimore, where she majored in sociology and social work and volunteered with Clifton Park Junior High School girls. In the late 1960s, during the time of the Baltimore riots, she worked with women in the criminal justice system.

Married to Vernon Wright in 1966, Lucy moved with her family to Howard County and then to Roland Park. Longing to get back to the country, the Wrights moved to Lineboro, in northwest Baltimore County.

While raising two children and ever since, Lucy has volunteered extensively, primarily with groups concerned with the conservation of natural resources, including the Baltimore County Forestry Board, which educates landowners about the value of their forested property, and the Prettyboy Watershed Alliance, which advocates for the restoration and protection of natural resources in the Baltimore City reservoir watershed.

In keeping with her early commitment to inner city issues, she and Vernon established the Wright Family Foundation, which focuses on education for at-risk youth.

When not busy with these activities, Lucy engages in several hobbies, including sewing, cooking, and gardening.

An indomitable volunteer, Lucy has offered to weed the public spaces in Cluster W.

By Jackie Mintz



Vernon H.C. Wright, W-8. 410-790-1944.
vernon.wright@gmail.com. August 2017.

Though the Wrights moved to Broadmead just a couple of months ago, Vernon Wright has been a presence on campus for over a year. He served on the BRA Finance Committee last year and is now its chair. He is also a member of the Broadmead Investment Committee.

The Wrights signed the contract for their Broadmead home over a year ago but waited to move in until they had sold their house. The house, on Thornton Mill Road, was a Stone Quaker home dating from the late 18th century,

with additions in 1811 and the 1930s. The Wrights previously lived in Lineboro, MD, where they had a small farm.

Maintaining their attachment to farming, Vernon and his wife, Lucy, own a farm in Virginia, where they raise dairy and beef cattle, corn, and soybeans.



Vernon worked at Maryland National Bank for over 20 years in commercial lending and domestic and international treasury. In 1991, he left as senior vice president to join MBNA America Bank (which had spun off from MNB). He retired in 2014, as vice chair and chief financial officer.

Like his wife, Vernon has engaged in extensive volunteer work, including the Board of the University of Baltimore Foundation and the Prettyboy Watershed Alliance, as well as numerous other organizations and schools. In describing his involvement in volunteer activities, Vernon explains that he likes to solve problems of almost any kind.

Vernon spent his early years in New York, Howard County, and in Jamaica and Nassau (Bahamas). He attended McDonogh School and the University of Baltimore. The Wrights have two children (Dudley and Katherine) and six grandchildren.

By Jackie Mintz

Cynthia Laing Fern, P7. 443-578-8274.
clfern@earthlink.net. September 2017.

Born in Chevy Chase, brought up in Chicago, and educated at Chatham Hall in Virginia and Vassar College (class of '56), Cynthia Fern is a woman of many interests. To the question "Retired?" she replies, "Not really." Having studied landscape design, community management, and foreign languages, she worked for the CIA between 1956 and 1965. For two of those years she and her family lived in Berlin, Germany.

Today, the highest place on her list of attachments is occupied by her family, daughter Natalie Hamilton of Parkton, a master gardener, who has already joined her mother in working on the garden at P7, and Natalie's four children. Cynthia's son, Chris, died last year.

Gardening is only one of the passions that connect Cynthia to the natural world. Having traveled in the Southwest as a child and a very young woman, she moved to a place outside of Tucson, AZ, where she eventually built a house in whose design and construction she was deeply involved. It made her very happy that, not long before she moved East, a flock of bighorn sheep—the epitome of a reclusive high-mountain creature—wandered through her garden because there was a fountain from which they could drink at a time of drought.

Comfort for suffering creatures also motivated Cynthia's work with rescue horses at a facility where up to 60 horses were rehabilitated. In a similar vein, Cynthia was part of a group called "Handi-Dogs" that trained dogs and their owners to do useful work for people who need help.



By Elborg Forster

Know Your Neighbors

Wear Name Tags
First three days of the month

Margaret Susan Craig, E-13. 443-578-8249.
mscriag@gmail.com [sic]. September, 2017.

Margaret Craig is no stranger to Broadmead. Her mother and father, Mary and Frank Craig, lived here some years ago. Margaret comes from Frederick, MD, her home for 17 years.

Born in New York City, she was raised in White Marsh. She received her B.A. in English from the University of Rochester and a master's degree in social services from Bryn Mawr College.

Margaret spent the first 13 years of her career in the Maryland Department of Social

Services, focusing on foster care. She worked in Cecil, Howard, Frederick, Prince Georges, and St. Mary's counties.

She then took a 7-year break to try other things. She learned drafting and worked as an engineering technician on a survey of a cable system. Her other jobs included teaching adult basic education and

adult literacy, as well as English for speakers of other languages, and work in a garden nursery, a petting farm, and bird rescue. Margaret also spent time in Ecuador.

In 1990, she returned to her work in Social Services in Frederick County and retired in 2004. Her hobbies include landscaping, home decorating, and caring for her dog, Molly, and two cats.

Margaret has special memories of her mother, who was a member of the Edgewood Flying Club. While a resident at Broadmead, she was killed in an airplane accident at the Flying Club. During her memorial service, the Club did a flyover of the rose garden as a tribute to her interest in small aircraft. It was a daunting feat and probably will not be repeated.

By Mary Ellen Saterlie



Cabaret Music and Dancing

Monday, November 13
7 - 8:15 p.m. Lounge
Everyone welcome

Did You Know . . .

By Elsa Collins and Penny Partlow

Did you know that —

Mary Ellen Harlan Saterlie can milk a cow?

Lucy Babb Wright took her champion steer in the elevator at WMAR?

Nancy Lee Boyce had a pony named Holly?

Libby Rutledge Murphy can drive a team of horses pulling a manure spreader?

The common thread among these Broadmead residents is that they all grew up on farms in Baltimore and Harford counties that had been occupied by their ancestors for nearly 300 years.

Mary Ellen's family raised purebred Jersey cows, and she remembers showing her prize cow at fairs in Baltimore County and at McDonogh School. On one occasion the cow decided to lie down in the parade ring, much to Mary Ellen's embarrassment. To her credit, Mary Ellen says, she did not kick the cow.

Eight-year-old Lucy was invited to appear on WMAR TV with her Grand Champion Shorthorn steer, which she took from her home on Quaker Bottom Road in Sparks up to the studio in the freight elevator. The camera men were terrified, but Lucy was unfazed.

Nancy rode her beloved Holly on a lead line until she was 11, when she graduated to her horse Buddy and began her lifelong love of fox hunting. The influence of her home at Joppa and Falls Road is reflected in her oil paintings.

Libby grew up on a family farm in Madonna, just north of Ladew Gardens, that was established in 1750. She was Maryland State Farm Queen in 1947, besting 23 other entrants.

How appropriate that four "farm girls" should choose to live in retirement at Broadmead, site of the former Holly Hill, which was a farming property from 1801 to 1951.

Editor's Note: This is a new feature of The Voice. Future columns will highlight connections residents have discovered after moving to Broadmead. While many residents move here with friends and colleagues from work and religious communities, others have found connections they had not realized. Email your personal discoveries to the Voice at voicebra@gmail.com.

Broadmead staff offers bereavement aid

By Nancy-Bets Hay

Following a recent unexpected death, a few residents approached Ann Patterson, Health Services Administrator, to request counseling and support services for residents. Ann and Broadmead's Director of Social Work, Teresa Geruolo, organized a general bereavement meeting open to all residents. Teresa presented an educational segment to explain anxiety disorder, major depression, and bipolar disorder.

Hilary Harrington, a bereavement counselor at Gilchrist Hospice Services, facilitated a broad-based discussion that included questions and support. She explained the many free services offered by Gilchrist Hospice that residents can access. Teresa said she was open to providing a grief support group on campus, which has been available in the past.

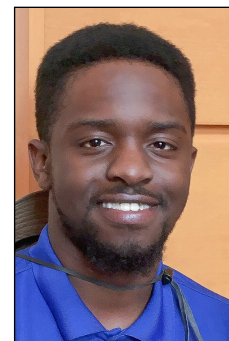
A number of residents shared their personal losses, several of which happened long ago, which prompted Hilary to observe that our losses are cumulative, and grief from an "old" loss can be triggered by a current one.

James Dubose joins landscape team

Text and photo by Bob Heaton

Over the course of 8 years, James Dubose has become a familiar face around the Broadmead campus. He entered service in 2010 as a high school student employee in Food Service. In April of this year, he switched to a 20-hour per week schedule as an assistant to Grounds Manager Linnette Kanitz. He has worked primarily in watering, weekly composting, and landscape enhancement.

Both James and Linnette hope that budget considerations will soon allow him to assume full-time status in groundskeeping. In the meantime, James is a flex time asset in Campus Safety under George Pattee. In that role, James can sometimes be seen staffing the main reception desk in the evening.



THE CREATIVE SCENE

November Arts and Activities

By Jane Elkinton

November brings a unique form of transition—a dip in temperatures and a rise in holiday spirits. The campus exhibits promise a rich range of experiences, beginning with the East Hall display of works from Barbara Kirchner's Rainbow Painting Studio.

Broadmead resident Bobbie Siebens is among the students who are contributing works alongside those of Kirchner, their instructor. The group has exhibited here for 5 consecutive years, but this will be their final show at Broadmead because transportation issues now prevent Bobbie from participating with the studio. We can expect to see works in various media including watercolor, oil, pastel, and perhaps even collage arts.



The Display Case will switch from "Baskets and Boxes" to "Teddy Bears," of which a surprisingly large number of residents have collections.



The Lower Level Gallery continues into November with changes near the end of the month leading toward festivities, featuring "Winter Holidays" themed photographs.

The Atrium offers its own response to the gradual onset of holidays and socializing with a theme of quiet reflection titled "Just an Atrium." In this intimate jewel box of a space, you will find simply a bench, a small fountain, and some green plants. Please enjoy a still moment there alone or with a friend. Or write a poem, perhaps.

The Wellness Department is scheduling a bus trip to MICA (Maryland Institute College of Art) on Thursday, November 16, to attend a private showing of an exhibition of works by graduate students in the prestigious Rinehart School of Sculpture. Information on the bus trip will be posted on the bulletin board.

As a part of the Center of Excellence in Health and Wellness, Broadmead and Rinehart are currently discussing possible future collaborations and exchanges. Further developments will be reported here as soon as they materialize.

November Exhibits

East Hall

Rainbow Studio Paintings

Display Case

Teddy Bears

Atrium

Just An Atrium

Lower Level Gallery

Smart Phone Photography

A Message from Brandy

By Natalie Bellows

Brandy, a large orange tabby, has lived in Cluster K for almost 12 years. She is very playful, favoring chopsticks, ponytail holders, and anything that dangles.

She can often be seen drinking from her special water fountain or resting against a pummel pillow. She usually hides from visitors.

When her friend, Duffy Sirota, dropped by, she invariably hid in the same place. And when he found her, she hissed at him. In her mind, she is the boss. But she says if you visit, she might come out to see you.



Dementia: New therapy shows promise

By Richard Goody

*"All the King's horses and all the King's men
Couldn't put Humpty together again."*

So runs the old nursery rhyme, but it is not true. Equine therapy is now an accepted technique for dealing with certain disabilities in the young and the old, and significant success has been claimed.

A program of equine therapy designed to help dementia patients has been started at Broadmead. It will run weekly for a total of five weeks. Five suitable residents have been selected, and the first week's session has recently been completed.

Broadmead's partner in this venture is the Rose of Sharon Equestrian School (Roses) located in Glen Arm, about a 20-minute drive from Broadmead. Roses owns five horses, two of them miniatures, and a training facility that can be used year round.

Equine therapy involves such activities as grooming, feeding, haltering, and leading a horse under the supervision of mental health and horse professionals. The goal is for the patient to develop a close connection with a horse. This is particularly valuable for residents who have become withdrawn, and Andy Switzer and Stacey Young have reported significant improvement in one Broadmead patient after a single encounter.

Equine therapy is the first activity of the newly established Broadmead Center for Excellence in Dementia Care, and the staff hope that it will be a small step toward making Broadmead a national leader in this field.

In Memoriam

Germaine Sharretts

January 27, 1920 - September 24, 2017

Fran Peterson

July 9, 1918 - September 25, 2017

Carolyn Whittington

September 24, 1917 - September 26, 2017

Kathryn Ward

April 3, 1922 - October 22, 2017

MaCCRA Meeting

Maryland Continuing Care
Residents Association

**Wednesday, November 1
7 p.m. Auditorium/Lounge**

Speakers:

Barbara Brocato, *Legislative Liaison*
Officer Kevin Kahl, *Baltimore Co. Police Dept.*

Everyone welcome

Adventures in Learning

Melvin Goodman

CIA Insider's Account of Politics of Intelligence

Wednesday, November 1
2 p.m. Auditorium

North Korea: The Challenge

Wednesday, November 8
2 p.m. Auditorium

The Future of Russian-American Relations

Wednesday, November 15
2 p.m. Auditorium

New Arrivals

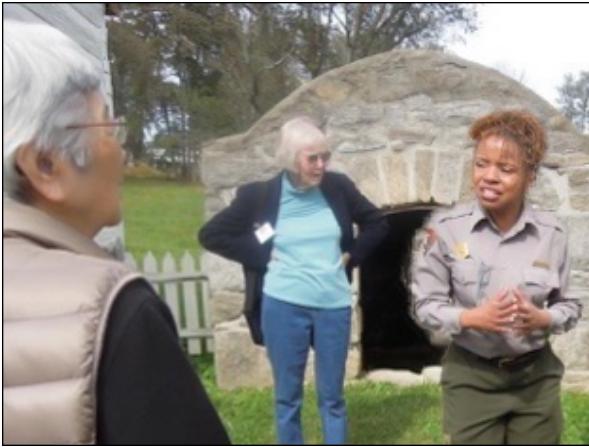
Sidney Levy	K-14
David and Diana Harley	J-9
Brigid Goody	A-2
Del and Brenda Boughter	R-13
John and Jane Mays	M-4

Open Forum

Thursday, November 16 7 p.m.
Auditorium

The Complex World of Old Growth Forests

Jan Maloof, Professor Emerita
Salisbury University



The **Multicultural Committee** sponsored a bus trip to Hampton Mansion in Towson. The park ranger, Anokwale Anansesemfo, gave the group a tour of the slave quarters and the overseer's home. Anansesemfo gave a presentation at Broadmead earlier this year on enslaved and indentured people at Hampton Mansion. *Photo by Sally Bloomer*

Multicultural Committee hears speaker from Burundi

By Gwen Marable

Adrian Bishop, a Broadmead trustee, brought Parfaite Ntahuba to speak to the Multicultural Committee. She is the coordinator of the Friends Women's Association (FWA), a grassroots organization that addresses the needs of women experiencing conflict, poverty, HIV/AIDS, and sexual violence in Burundi. Parfaite is on a national speaking tour. FWA's work is being funded by many Quaker communities.

Battle against cancer evolves

By Richard Goody

Cancer treatment has become an information maze through which the patient must navigate with whatever help is available. The issue now is not so much treating the patient, but the quality of the patient's life before, during, and after treatment.

Some of these problems were discussed at the BRA September Health Care Lecture by Joanne Finley, RN, M.S., from the Johns Hopkins Cancer Center.

The causes of cancer and the possibilities of prevention are becoming clearer. One-third of cancers are due to smoking, another third are due to diet and exercise habits, and the final third are due to all other factors, such as environmental carcinogens and genetics, which are hard to control.

From this information it is possible to define an ideal life style involving a minimum of cancers, but how do you persuade people to accept it?

Medical interventions are no less complicated. Screening is acceptable to most patients, vaccinations to fewer. New therapies, such as immunotherapy, are being actively sought by many patients. Side effects vary from patient to patient and must be understood. Consulting the Web is valuable, but a long list of side effects may be more intimidating than useful.

InSight - Low Vision National Federation of the Blind

Low Vision Seminar & Workshops
Sheraton Hotel, Towson
Friday, November 10
10 a.m. - 1:30 p.m.

*Please check the **Trips Bulletin Board**
behind the reception desk
for information and sign-up sheets.
Seminar & lunch charge is \$25/person
Details: Angela Breakey 443-578-8428*

Let's Sing

Monday, November 20
7 p.m. Lounge

The Multicultural Committee The Fire of God Country Singers/Band

Featuring Willie Bland Jr.
Broadmead Transportation Driver

Saturday, November 4
2 p.m. Auditorium

Bernard Queen turns 70, recounts 29 fruitful years at Broadmead

By Bob Heaton

A large October Exchange audience heard Bernard Queen recount his 29 years at Broadmead. Beginning at age 41 as an intern, he worked his way through the system until then-CEO Rich Compton combined two departments, selecting Bernard to oversee all of Food Service.

Bernard hand-picked the current organization of 72 outstanding people, 42 of whom are full time. He says that the staff is devoted to the residents, and many grieve deeply at the passing of favorites. Comment cards are read and initialed by relevant staff, and there is a pervasive desire to please.

Bernard is devoted to his family, calling wife Cynthia his backbone. They have three daughters and one son, all grown and successful. He was raised by strict, loving grandparents, whom he credits for anything good about him. He organizes family reunions at Patapsco State Park attended by over 100 members every year. He is also devoted to his church, serving as a missionary in troubled city neighborhoods. For secular diversions, Bernard enjoys bowling, pool, tennis, and TV sports.

The day after his appearance, Bernard celebrated his 70th birthday. The audience sang Happy Birthday in anticipation.



Residents and friends Shopping online this fall?

If you are shopping on Amazon,
you can support the BRA
Go to www.smile.amazon.com and
Enter "Broadmead resident"
as the organization you want to support.

You will be supporting the BRA
at no cost to you.

BRA Trips Committee

The Brandywine Museum

Decorated for Christmas

*Tree decorations made from
local natural products will be for sale.*

Thursday, December 7

Bus departs: 9:30 a.m. Lower Level

Return by 3:30 p.m.

Reginald Lewis Museum of Maryland

Jacob Lawrence Exhibit

Thursday, January 4

Bus departs: 9:15 a.m. Lower Level

Return by 1 p.m.

*Please check the **Trips Bulletin Board**
behind the reception desk
for information and sign-up sheets.*

Robin Somers visits the Exchange

By Alma Smith

When arriving at Broadmead every morning, Robin Somers, Chief Operating Officer, imagines herself a guest. She gives various surfaces the white glove test, beginning with the receptionist's desk. She peers into lamps to check for spider webs and examines floors for foreign objects. If necessary, she makes a stern report to Housekeeping, and then cheerfully greets residents and staff on the way to her office.

Robin's interests are limited now to family activities. She and husband Anthony each brought two children from previous marriages. For 20 years, their joy has been spending holidays, weekends, and vacations with his two sons and her son and daughter, the mother of Robin's grandsons aged 10 and 13.

Men's Saturday Social

9 a.m. Auditorium

November 11 - TBA

November 18 - TBA

Please wear name tags

Food Service delivers three special food events in one week

By Elborg Forster

Food Service outdid itself last month by producing three special meals in a single week.

The first was the traditional picnic on the shuffleboard court, an event connected with the Country Fair. Barbecued hamburgers and hot dogs, fried chicken, baked beans, salads, and lemonade, were served plus an assortment of ice cream sandwiches and cones. Basswood, a local area guitar duo, provided vocal country music with guitar accompaniment, but the Fair was a bit of a disappointment to many, for there were no farm animals, not even a few chickens or rabbits, let alone a cow with her calf or a couple of goats as in previous years. By way of compensation the crowd enjoyed a show by D's Magic from Hampstead in the auditorium after lunch.

Two days later, a group of about 20, chosen randomly by the Wellness Department, assembled in the Magnolia Room for a luncheon under the motto "Food for Thought."

The kitchen had prepared a five-course "tapas style" meal featuring Mediterranean cuisine. Everything was very fresh and beautifully presented in small portions. Only two of the five

dishes contained meat (lamb and chicken); this is the hallmark of Mediterranean cuisine. A pamphlet explained the cultural and culinary background of the various dishes. The mood of the guests grew lighter as the meal went on, all the way to the honey-dripping baklava. The Wellness Department plans to hold this event every other month.

And finally, the Multicultural Committee, Food Service, and the Spirit Committee presented "Australia Theme Night," which was preceded by a film about the vacation paradise of Australia's Queensland and a lecture by

Broadmead resident Dr. Rolfe Finn about the history and culture of Australia and New Zealand, the speaker's birthplace. The meal, while not offering kangaroo steaks or ragout of snakes, was wholesome and tasty.



Top: Basswood duo
Bottom: D's Magic

Early detection and ongoing education are keys to diabetes control

By Bob Heaton

The sooner diabetes is diagnosed and treated, the less severe and more manageable it will be. That was the primary point of October's Health Care lecture delivered to about 40 residents in the auditorium by diabetes educator Nancy Glaser, RN, M.S., of the Geckle Diabetes Center.

Type 2 diabetes is the seventh leading cause of death in the United States and accounts for 20 percent of total medical costs. Thirty million Americans have it, and at least 80 million more are pre-diabetic and likely to acquire the disease unless lifestyle changes are made.

While type 2 diabetes (the inability of the body to process glucose effectively) has no specific cause, common contributing factors include high blood pressure, smoking, high cholesterol levels, lack of exercise, and being overweight. Most of these factors are controllable or treatable. Glaser said that

knowing what to eat (and *not* to eat), is of paramount importance to diabetics and pre-diabetics. The Geckle Diabetes Center, part of GBMC since the 1980s, can provide Broadmead residents with information to help them remain healthy.

Diabetes costs are estimated at \$1,300 per patient per month, largely due to hospitalizations. Medications, depending on case severity, range from very low cost to very expensive. In all cases, the sooner treatment is begun, the lower the ultimate cost.

Sew and So

Tuesday and Wednesday
10 a.m. - noon Room S-215
443-578-8816

Freshly laundered garments only!
Volunteers needed

Religion at Broadmead

Friends Meeting for Worship

Sundays, 11 a.m.
Stony Run Board Room

Interfaith Vespers

Third Sundays, 4:30 p.m.
Lounge

Bible Study

(sponsored by
Woodbrook Presbyterian Church)
Tuesdays, 10 a.m. Fireplace Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
Second Wednesdays, 10 a.m.
Stony Run Board Room

Episcopal Communion

(sponsored by Sherwood Episcopal Church)
First Thursdays, 10:30 a.m.
Dining Room Flex Space

Conversations in Morals and Ethics

(sponsored by
Towson Unitarian Universalist Church)
Second Thursdays, 10 a.m.
Fireplace Room

Shabbat Service

Third Fridays, 7 p.m.
Fireplace Room

BRA Health Care Lecture

Marketing Mania

What products work best
for your dental needs?

Caroline Foster Owens, DDS

Tuesday, November 21
10:30 a.m. Auditorium

Paint and Pastels

Thursdays
10 a.m. - noon
Lower Level Art Room

Annual Meeting, *from page 1*

nursing facilities. Although experiencing some problems, the changes in Medical Director/physician and Outpatient Department staff move forward.

John said that 2018 will see progress on diversity and inclusion by the board and the BRA Multicultural Committee. Further work will be conducted with the Great Place to Work Institute so that Broadmead can become recognized as an "Employer of Choice." Next year will also see completion of the new access road, including the Maryland T and the traffic light.

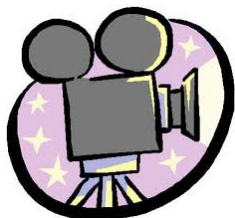
Incoming Board Chair Rob White, in his second board term, acknowledged the honor of being selected Board Chair and promised that he would strive to move Broadmead forward. He sees Broadmead as a three-legged stool consisting of staff, board, and residents, all of whom are essential.

Rob's familiarity with continuing care retirement facilities extends back to when his father, Allen White, consulted during the building of Broadmead and Allen's assistant executive director, Martin Trueblood, was hired as the first executive director of Broadmead.

Rob enjoyed a 40-year career in hospital and health insurance administration, serving in senior executive positions at various hospitals and healthcare companies. He served 10 years as CEO of Delaware Physicians Care, which insured and managed the healthcare of 120,000 Delaware Medicaid members, including over 10,000 members in managed long-term care.

Rob has also served on the boards of a dozen or so health care organizations.

Appointed to replace outgoing member Alice Cherbonnier is **David MacFarlane**. David, whose professional background is in finance and accounting, was most recently Director of Financial Planning and Reporting for the Friends Committee on National Legislation. Prior to that, he served in the financial and accounting departments at Lutheran World Relief, and in Information Systems at Habitat for Humanity. He has extensive volunteer experience in various capacities at Stony Run Meeting, the Baltimore Station (a residential treatment program for homeless vets), and other organizations.



Broadmead Movies

Auditorium 7 p.m.

Tuesday movies by Bob and Elborg Forster
Saturday movies by John DePrine and Bob Gist

Saturday, November 4

Noises Off

(Carol Burnett, Michael Caine, Denholm Elliott)

The drama taking place backstage threatens to eclipse the action on stage.

1992 PG-13 1 hour 41 min

Tuesday, November 7

And So It Goes

(Michael Douglas, Diane Keaton, Sterling Jerins)

A romantic comedy about a middle-aged couple having to deal with the younger generation and the modern world in general.

2014 PG-13 1 hour 34 min

Saturday, November 11

An Ideal Husband

(Rupert Everett, Cate Blanchett, Jeremy Northam)

An upstanding member of the British Parliament finds his career and marriage threatened by a beautiful blackmailer.

1999 PG-13 1 hour 37 min

Tuesday, November 14

Rain Man

(Dustin Hoffman, Tom Cruise)

A crass businessman learns from his autistic brother that human values are more important than material success.

1988 R 2 hour 13 min

Saturday, November 18

The Leopard

(Burt Lancaster, Alain Delon)

In Sicily, during the 1860 war, a prince endeavors to hold on to his former glory while his young nephew joins the opposition and becomes a hero.

1963 NR 3 hour 6 min

Tuesday, November 21

Rivers and Tides Working with Time

(Andy Goldsworthy, Anna Goldsworthy)

Famed artist Andy Goldsworthy shows how he makes his works—very large and very small—out of natural materials, and how nature does not always cooperate. The images in this documentary are all the more beautiful for being ephemeral.

2001 NR 1 hour 30 min

Saturday, November 25

Camelot

(Richard Harris, Meg Bussert)

This Lerner and Lowe classic was filmed from the stage of the Winter Garden Theater in New York.

1982 NR 2 hour 30 min

Tuesday, November 28

Girl with a Pearl Earring

(Scarlett Johansson, Colin Firth)

A kitchen maid in the household of the painter Johannes Vermeer becomes his model and assistant. A delicate relationship ensues.

2003 PG 1 hour 40 min

Broadmead Playreaders

Wanda's List

by Christopher Durang

Directed by

Anne Schwartz and Barbara Hiscock

November 8

7 p.m. Auditorium

Cast

Wanda Sally Bloomer
Marsha Jane Elkinton
Jim Jai Dixon
Waiter Walter Hudson

Met Opera Bus Trip

Charles Theater

The Exterminating Angel

Thomas Adès - *Met Premiere*

Saturday, November 18

Bus departs: 11:55 a.m. Lower Level

Return by 5:30 p.m.

*Please check the **Bulletin Board**
behind the reception desk
for information and sign-up sheets.*

Bus charge is \$15/person

Buy opera tickets at the Charles Theater.

VOICE OF THE RESIDENTS

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EDITORIAL POLICY

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents.

As its major goal is to promote a sense of community, *The Voice* does not publish criticism of persons or the three organizational bodies that constitute Broadmead nor individual complaints about Broadmead affairs as there are established procedures for the resolution of internal problems.

The Voice does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems.

Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, and should be sent both to voiceBRA@gmail.com and to jmintz137@comcast.net.



Lake Maybe in Autumn finery

Photo by Erroll Hay